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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-25)//
POC/CAPT P.C. BISHOP/-/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)653-
1315/TEL:DSN 294-1315//

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HEADLINE: Navy Medical Clinic Albany Flooded by Alberto
NAVHOSP Jacksonville, FL (NSMN) -- The Navy has weathered
many a tropical storm, but the effects of Tropical Storm Alberto
will not soon be forgotten by the medical staff of Naval Hospital
Jacksonville's Branch Medical Clinic in Albany, GA. The medical
clinic that serves active duty families from the Marine Corps
Logistics Base and retirees in the Albany area was evacuated 8
July as flood waters from the swollen Flint River threatened the
clinic. The evacuation came just in time, as the clinic flooded
to a knee-deep depth.

The Marine Corps Logistics Base is served by a Navy-staffed
"Sick Call" facility aboard the base and the clinic at Turner
Field, located approximately 10 miles away. The Navy-operated
clinic at Turner Field is currently the only military facility
that has suffered flood damage, although there has been extensive
flood damage in the civilian community.

The 48 staff members of the clinic, evacuated to the
Military Sick Call Facility aboard the base, continue to provide
medical coverage.

The Turner Field clinic now is reachable only by boat, making it difficult to salvage needed equipment. Clinic personnel were able to take medical records with them when they initially evacuated. Since then, Marine Corps-operated Light Armored Vehicles have ferried clinic personnel and needed equipment from the clinic to waiting vehicles.

The major portion of the recovery operation will wait until the flood waters recede.

-USN-

HEADLINE: Corpsman's Heroic Action Recognized with Navy Comm
NAVHOSP Orlando, FL (NSMN) -- HM3 Christian Patchin recently received a Navy Commendation Medal for his life-saving efforts at the scene of an auto accident earlier this year.

Patchin, an operating room technician at Naval Hospital Orlando, was on his way home from the hospital last February when he came upon a car that had rolled over and was upside down in a watery area. The elderly driver hung suspended by his seatbelt with his head under the water.

Patchin crawled under the trunk of the overturned car, broke through the rear window and freed the trapped driver. He remained in the car with the man until rescue personnel arrived on the scene. He was credited with saving the driver's life.

-USN-

HEADLINE: Justice Prevails as Navy's Top Counselor

USNH Yokosuka, Japan (NSMN) -- HM2 Chris Justice likes to make a difference in people's lives. He's good at it, too. So good that he has been selected as the Department of the Navy's Drug and Alcohol Counselor of the Year for 1993.

"I like to watch people go from, 'Man, I really screwed up my career,' to walking out the door with a direction and a sense of purpose," said Justice, of U.S. Naval Hospital Yokosuka's Alcohol Rehabilitation Division.

At USNH's "Level III" inpatient service, a team of counselors and other professionals help "people who have an unhealthy lifestyle that needs to be altered," said Justice. The Alcohol Rehabilitation Division helps people confront their alcohol addiction and make conscious lifestyle changes.

"We have to assess their thinking, their feelings, their financial status, and their relationships -- with peers, family, family of origin, and significant others," he said. A lot of personal problems, according to Justice, stem from relationships with parents.

The goal of treatment is to encourage people to confront their belief system and how drinking is part of their paradigm. Counselors ask them the all-important question: "Is this a lifestyle you want to have?"

"A majority of them want to change while going through treatment," said Justice, "but it's difficult to change beliefs. When they're back at their duty stations or in their old lifestyles, old routines, sometimes they have difficulty accessing their new belief system. They think, 'Maybe I didn't really have a problem.'"

Close friends and family members can help the recovering alcoholic stay on the right path by confronting them. "When was your last drink? What are you doing to support your recovery?"

Justice knows first-hand about the benefits of staying on the right path.

Earlier in his career he realized he had a drinking problem of his own. He saw a complete transformation of his own life after he confronted his alcohol addiction. The transformation was profound.

"I realized I had a problem. I knew it was a problem that needed a lifestyle change. Part of that lifestyle change is helping others," he said.

"Life is full of adversities. We can deal with life in an unhealthy way with substances or we can deal with life in a healthy way by changing our belief systems and lifestyles."

Justice is relatively new to the counseling field. He is a psychology technician who became a counselor in September 1992. He finished the required school -- with a 100 percent average -- did the practical, took the examination, worked a year's internship, and applied for certification.

"In my opinion, I really believe we have the most cohesive staff at USNH Yokosuka," said Justice. "We all work together, we encourage each other, and we all teach one another. We ensure quality of care by giving direct feedback."

He adds, "I really appreciate the guidance I've gotten from Dr. Ham and the other counselors. Working with people who are dedicated is motivating as hell."

Justice is a native of Queens, NY. He flew to Washington, DC, on 24 June to accept his award as the Navy's top Drug and Alcohol Counselor. With him were his parents and his girlfriend, Hirumi Fujimori, who travelled from Japan for the ceremony.

Story by Bill Dougherty, Public Affairs Officer

-USN-

HEADLINE: USNH Rota Team Supports Space Shuttle Program

USNH Rota, Spain (NSMN) -- "Columbia, you are go for take-off."

With those words, another space shuttle crew was hurtled into orbit from the Kennedy Space Center in Florida on 8 July. Months of intricate planning and coordination go into each shuttle launch. Not only the minute details of the launch itself, but contingency plans in case of an emergency. Once a shuttle lifts off, a handful of emergency landing sites around the globe go on alert.

One such site is Moron Air Force Base, Spain. Approximately 35 miles from Sevilla, Moron is ideal for recovery operations with an 11,800-foot runway and 1,000-foot overruns. Moron was designated a Transatlantic Abort Landing (TAL) site for space shuttle launches in 1984. There are four TAL sites in southern Spain and northern Africa: Zaragoza Air Base, Spain; Ben Guerir Air Base, Morocco; and Yundum International Airport in Banjul, the Gambia. Various special shuttle ground support equipment, maintained at each site, are stored between missions.

Augmenting the TAL in Moron before a shuttle launch is a

team of 10 corpsmen, physicians and other medical specialists from U.S. Naval Hospital Rota. The Rota team is headed by LT Randal LeBlanc, MSC. The Shuttle Support Team's job is to standby to render medical assistance if needed. In an emergency, the team would take charge of stabilizing any injuries the astronauts might receive and then transporting them to the nearest medical facility.

The team must be familiar with not only advanced trauma life support, but also space shuttle toxicology, physiological changes due to space flight and each astronaut's medical history. Other considerations include taking blood pressure readings on a patient wearing a 120-pound sealed space suit, and where and how to cut the space suit off to treat a serious injury.

Launched eastward from the Kennedy Space Center over the Atlantic, the shuttle is placed into an orbit over the earth's equator. If the mission aborts during the transoceanic portion, the shuttle crew would continue across the Atlantic to land at a TAL runway. Once a mission is aborted, these alternate landing sites would be activated between two and eight minutes after launch, depending on the nature of the emergency.

Though Moron has lost many of its personnel due to the military downsizing, its role in the safe recovery and medical treatment of shuttle astronauts has not diminished. According to Air Force Capt Jim Quetsch, Moron Airfield Support Coordinator Officer, "We help ensure that if the shuttle lands (here), we safely recover the astronauts and return them to the U.S."

CDR Wayne Collier, Deputy Chief of Operations for the Department of Defense Manned Space Orbiter Office, echoed that determination, "We want to plan each shuttle mission right, and that requires (thorough) planning, which means training, if we want to do it right."

Doing it right also means getting the right people for the job from many locations. A Navy C-130 of the 23rd Wing, Airlift Squadron in Pope, NC, is used to transport injured astronauts. The C-130 is selected for shuttle support since the aircraft can takeoff from runways as short as 3,000 feet.

Others include members of the fire department of the 86th Civil Engineering Squadron from the Kaiserslautern Military Community at Ramstein Air Base, Germany. This group of firefighters has specialized NASA training in Shuttle Orbiter Rescue Procedures. SMSgt Michael King, who leads the firefighters, said, "My guys are ready and trained in interior (orbiter) rescue, ground support, firefighting and decontamination support, working with the Moron Air Base Fire Department." In addition, Rota's NEMOC sends a mobile weather team to Moron to provide weather support.

The shuttle team has a long list of equipment stored at the hospital here, and the equipment is moved to Moron for each shuttle support mission. Everything from specialized bolt cutters for removing the astronaut's pressure suits to a supply of matching blood for each of the shuttle crew members.

HM1 Michelle Jennejahn has been stationed here for three-and-a-half years and is the longest standing member of the specialized team. Behind the scenes, Jennejahn said there's a

lot of work. The reward, she said, is the experience. "This is a once in a lifetime chance for unique training. This type of training is not like any other training -- this doesn't ever happen in a car accident."

The hazards involved in an emergency space shuttle landing include toxic gases and the superheating of the craft itself caused by reentry into the earth's atmosphere. Temperatures of the skin of the ship can remain as high as 220 degrees a half hour after landing. The shuttle's wheels, which support the 170,000 pound craft during landing, have been known to burst into flames up to an hour after touching down.

Additional hazards are also present inside cargo bay payloads -- rocket boosters for most payloads to be launched and taken into orbit contain liquid or solid fuels, and possibly pyrotechnics.

In the event of an emergency landing, Moron support and recovery vehicles line up in front of the runway fire/crash building and are kept apprised of the shuttle's arrival and crew status by hand-held radios. The "convoy" as it is called, consists of ambulances, decontamination crews, bio-environmental engineering detection crews and other essential services.

Spanish authorities establish a security perimeter while communication is established with the shuttle crew. Initial reports between the crew and ground personnel includes crew status, equipment and hatch safeties applied. External shuttle condition is also relayed to the crew, followed by ground crew initial hazard assessment and toxic gas sampling.

Once the ship has been declared "clean," stairs are moved into position for crew debarkation; the crew is checked for any toxic contamination, then taken to decon and medical areas. The Shuttle Support Team checks each astronaut and reports their medical condition. If further medical aid isn't required, they are transported with a security escort from the runway.

In the case of detection of toxic gases, crew injuries or contamination, rescue members assist in removing the astronauts from the shuttle.

Always present and offering advice and suggestions are individuals from NASA, the Department of Defense Manned Space Orbiter Office, and an astronaut for crew-specific recommendations.

Present during the Discovery launch 3 February was astronaut Terry Wilcutt. Each TAL site has an astronaut present, normally arriving a day and a half prior to launch. They serve as an advisor, ensure the runway landing and shuttle-specific aids are functional, and also obtain the most accurate weather observations for the shuttle crew. Since TAL site weather forecasts may not always agree with ground personnel, the observer astronauts are flying at time of launch to constantly check the changing weather conditions for their particular area. "Sometimes we disagree with the ground aspect's weather forecast," Wilcutt explained. "We have the final word. As long as we can see the landing aids, we can have the shuttle crew land." If necessary, the airborne astronaut can also "talk down" the shuttle aircraft commander.

Collier, reflecting on the training learned from the February exercise, noted that it was the first time a TAL exercise included a medevac simulation. "For months we talked about having a major simulation and the ability to use the C-130 to take patients all the way to Rota." He also described the exercise as "extremely valuable training. This proves we can do what we say we can do and make it better."

Story by Tony Lee, reprinted from the Rota Coastline. The article was originally published 10 February 1994, in conjunction with a mission by the space shuttle Discovery.

EDITORS NOTE: The 25th anniversary of Neil Armstrong's historic first steps on the moon is 20 July.

-USN-

HEADLINE: CHAMPUS BRIEFS

SUBHEAD: Not All Mental Health Patients Reviewed by Contractor
MCNEWS Washington (NSMN) -- CHAMPUS' national mental health contractor will no longer review mental health care for some patients in certain parts of the country. The contractor for most mental health care review in the United States is Health Management Strategies International Inc. (HMS), of Alexandria, VA.

In some areas where managed care programs are in operation, the CHAMPUS contractors for those regions will review mental health care for CHAMPUS patients who live in the managed care regions and for those who don't live in these regions but who get mental health treatment there. The affected areas are: California and Hawaii, New Orleans and three sites in Texas and Louisiana that are affected by military base realignment and closure activities (the areas around Bergstrom and Carswell Air Force Bases in Texas; England Air Force Base and Fort Polk in Louisiana).

The effective dates for this change in mental health review procedures are: 1 February 1995 for California and Hawaii; 1 April 1994 for the Texas and Louisiana sites.

At several other military base realignment/closure sites where managed care programs have recently been established, HMS will continue to review mental health care. The sites are: Loring AFB, ME; Fort Devens, MA; Fort Dix, NJ; Fort Benjamin Harrison, IN; Grissom AFB, IN; Chanute AFB, IL; and Wurtsmith AFB, MI. The managed care programs began at these locations on 1 March.

Story from Marine Corps News 20-94, 18 May 1994

SUBHEAD: REMEMBER: CHAMPUS Claims Filing Rules are Changing

MCNEWS Washington (NSMN) -- If you received (or provided) care under CHAMPUS any time in 1993, you have until the end of 1994 to get your claims into the hands of your regional CHAMPUS claims processing contractor.

But, beginning with CHAMPUS care received (or provided) in 1994, you must file the claim within one year of the date a service is provided -- or, for inpatient care, within one year after the a patient's date of discharge from an inpatient facility.

Beginning 1 January 1995, CHAMPUS claims will be denied if they are received by the CHAMPUS claims processor more than one year from the date on which the service was provided, or more than one year from the date of the patient's discharge for inpatient care.

Story from Marine Corps News 20-94, 18 May 1994

SUBHEAD: CHAMPUS Shares Cost of PAP Tests, Mammograms

MCNEWS - CHAMPUS Aurora, CA (NSMN) -- Among the preventive-care services CHAMPUS covers are PAP tests and mammograms.

A PAP test is a laboratory examination of samples from the female genital tract that looks for signs of cancer and other diseases. PAP tests may be done as a way of screening women periodically for signs of disease. They may also be performed as a diagnostic device when a patient shows signs of disease or malignancy (or a pre-malignant condition).

CHAMPUS covers one screening PAP test per year, for three consecutive years, for women 18 and older, or for women under 18 who are or have been sexually active. If the findings for the three consecutive yearly PAP tests are normal, then CHAMPUS will cost-share on a screening PAP test every two years. If a woman is at a high risk of developing cervical cancer, CHAMPUS may help pay for more frequent screening PAP tests when such tests are documented as medically necessary.

Diagnostic PAP tests are covered when the patient has had: previous cancer of the cervix, uterus or vagina; a previous abnormal PAP test; irritation or inflammation of the cervix; abnormal vaginal bleeding or discharge; intrauterine exposure to diethylstilbestrol; as part of the pre-natal lab workup for a new maternity patient; or as part of the care for a woman who is undergoing estrogen replacement therapy.

CHAMPUS coverage of PAP tests is retroactively effective for services received on or after 5 November 1990.

X-ray mammography is a procedure performed for the evaluation and detection of breast disease.

CHAMPUS covers mammography as a routine screening procedure for women who have no signs or symptoms of breast disease as follows: once for women 35-39 years old; every 24 months for women who are 40-49 (but one procedure per calendar year will be covered if a woman in this age group is considered to be at high risk for developing breast cancer); and once per calendar year for women 50 and older.

CHAMPUS shares the cost of mammography done for diagnostic reasons for: breast mass found on physical examination; spontaneous nipple discharge; redness of the skin of the breast; nipple erosion; tumor or nodule under the armpit; previous history of a diagnosed breast cancer; previous abnormal mammography; or fibrocystic disease.

CHAMPUS coverage for mammography as described is retroactively effective for services received on or after 5 November 1990.

Story by CHAMPUS Public Affairs, reprinted from Marine Corps News 22-94, 27 May 1994.

HEADLINE: HEALTHWATCH: Millington Health Fair Hits the Spot
NAVHOSP Millington, TN (NSMN) -- Health Fairs are a great way to advertise and demonstrate preventive medicine to the community you serve. They're fun too, as Naval Hospital Millington proved last month.

The date was 11 June and the location was the tree-shaded area behind the Navy Exchange. The event was this year's June Jamboree: Fun, Health and Safety Fair.

The fair got underway at 0900 on a warm and cloudy morning with a parade led by Naval Air Station Memphis' commanding officer, CAPT Willis, who also provided opening remarks.

More than 800 people partook of the fair's offerings, which included games and pony rides for the kids, door prizes and cholesterol screenings for the adults, and safety-related activities for all.

Naval Hospital Millington had more than 100 volunteers and 34 exhibits in the fair, including dental care, women's health, blood pressure screening, spiritual health, heat stress, back health, nutrition basics and cholesterol screenings. The general consensus was that everyone -- participants and presenters alike -- had a great time.

The fair ended under sunny skies and with a whole lot of satisfaction for all.

Story by LCDR S.J. Winter, MSC

-USN-

HEADLINE: CORRECTION: Toll-Free Number for Gulf Vets

NNS - BUMED Washington (NSMN) -- An article in last week's message on providing care for Gulf War veterans listed an incorrect toll free number. The correct number for service members and their families experiencing health problems that may have been caused by service in the Persian Gulf War is 1-800-796-9699.

The editor apologizes for any inconvenience and frustration this error may have caused.

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 20-24 July 1994, 22nd National Naval Officers Association (NNOA) Conference, San Diego. Call 1-800-772-6662 for information; Navy POC is CDR Ronald Keys at (703) 697-8554, DSN 227-8554.

-- 25-29 July 1994, Eighth Annual Sports Medicine Conference, San Diego. For information, contact the University of California, Office of Continuing Medical Education, (619) 534-3940.

-- 25-28 July 1994, Senior Enlisted Conference, Hyatt Regency Crystal City in Arlington, VA. For information, contact

DTCS(AW/SCW) Frank Passion at (202) 653-1148, DSN 294-1148 or e-mail nmc0ftp@bumed40.med.navy.mil.

-- 1-12 August 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-2424, DSN 942-2424, FAX (904) 779-0107.

-- 10-12 August 1994, World War II in the Pacific, Hyatt Regency Crystal City, Arlington, VA. Sessions include two on medicine (Combat Medical Support and Amphibious Warfare Medical Support), and one of the featured speakers will be an Army nurse (Ruby Bradley). For information, call (703) 836-6727.

-- 16-22 September 1994, International Conference on Physician Health, Ottawa Westin Hotel, Ottawa, Ontario, sponsored by AMA's Physicians Health Foundation. Call 1-800-621-8335 for information; registration deadline is 10 August 1994.

-- 21-22 September 1994, Fourth Annual Symposium on Health Care Ethics, Naval Air Station Glenview, IL. Sponsored by NavHosp Great Lakes, Bioethics Committee. For information call CDR F.E. Rodriguez, NC, Bioethics Committee Chair, at (708) 688-5929, DSN 792-5929.

-- 17-28 October 1994, Operational Entomology Training, Navy Disease Vector Ecology and Control Center, Jacksonville, FL. For information, contact the DVECC Training Department at (904) 772-2424, DSN 942-2424, FAX (904) 779-0107.

-- 13-18 November 1994, Association of Military Surgeons of the United States' Annual Meeting, "Unity Through Diversity," Orlando, FL, (301) 897-8800.

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HEADLINE: C. Everett Koop is 1994 AMSUS Keynote Speaker

AMSUS Bethesda, MD (NSMN) -- Former U.S. Surgeon General C. Everett Koop, MD, is the scheduled keynote speaker for this year's Association of Military Surgeons of the United States Annual Meeting. He will be joined by the chiefs of each of the military and federal services health care organizations. The 101st Annual Meeting of AMSUS will take place 13-18 November in Orlando, FL.

"We are achieving our theme, 'Unity Through Diversity,'" said 1994 AMSUS General Chair RADM Roger Triftshauser, DC, USNR. "With the national interest in health care reform, having Dr. Koop share his perspectives with us and answer questions from the audience will be a real plus."

Koop is a respected and leading advocate of health care and health promotion in the United States, and is directly involved in the current national health care reform movement.

More than 6,000 military and federal physicians, dentists, veterinarians, nurses, administrators and enlisted professionals are expected to attend AMSUS this year, noted Executive Director Lt Gen Max B. Bralliar, USAF (Ret.), MC.

"This AMSUS meeting will have an ambitious schedule of events, speakers, presentations and awards," noted Triftshauser, "and there is something for everyone. Part of the strength of past meetings was continuing education credit for Reserve and National Guard members. This year we are working hard to ensure

that all attendees will be able to get CE credit."

Organized in 1891, AMSUS was chartered by Congress in 1903 and is composed of members of the military services, the Public Health Service and the Department of Veterans Affairs. Members are represented by AMSUS in the Council of Military Organizations and the Military Coalition. These organizations, with a combined membership of more than 3.5 million, support legislation on behalf of all active duty, retired, veteran and federal health professionals.

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4. Events and observances, 19 July - 4 August:

JULY

19 July: VOTE! Georgia Primary
19-25 July: Lead Poison Control Week (201/926-7575)
20 July 1969: Neil Armstrong first man to walk on moon
25 July 1944: Allies break out of Normandy beachhead
27 July 1789: U.S. State Department established
31 July: O-6, O-7 and O-8 FitReps (Active and Reserve) Due

AUGUST

National Head Lice Prevention Month (National Pediculosis Association, 1-800-446-4NPA or 617/449-NITS)
1 August 1907: U.S. Air Force Founded
2 August: VOTE! Kansas, Michigan and Missouri Primaries
3 August 1790: U.S. Coast Guard Founded
4 August 1947: Navy Medical Service Corps Birthday
4 August: VOTE! Tennessee Primary

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